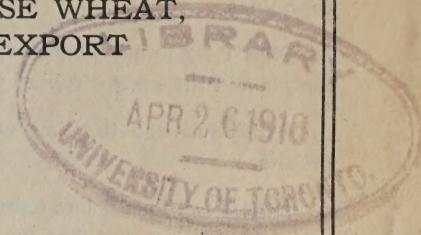


CAN, DRY AND STORE FOR VICTORY

CONSERVE FRUITS AND VEGETABLES FOR HOME CONSUMPTION, AND RELEASE WHEAT, BEEF AND BACON FOR EXPORT



THE ARMIES MUST BE FED



STEPS IN THE CANNING PROCESS.

1. The jar ready for filling.
2. A jar packed with cauliflower and filled with water and salt.
3. A jar with the cover on and clamp left loose. Ready for boiling.
4. Jar inverted after boiling to test for leaks.

Published by
The Food Controller for Canada

READ THESE "DONTS" BEFORE YOU FAIL

YOU MAY THEN NOT NEED TO READ THEM AFTER.

DON'T try, at first, to can vegetables in any jar larger than a quart. The smaller the jar the easier it is to sterilize.

DON'T use old rubbers. It is cheaper to buy new rubbers than to lose your vegetables.

DON'T try to use a wide rubber on a screw-top jar. The wide rubbers fit the spring-top jar and the narrow rubber the screw-top.

DON'T shorten the time of sterilization until you have become familiar with the process.

DON'T fail to seal jars tightly. See that the spring is adjusted to give good pressure on spring-top jars and that the screw-top does not slip on gem jars.

DON'T let the heat down so that the water fails to boil. Keep it jumping.

DON'T use a doubtful sealing jar for vegetables. Put Rhubarb or some such easy keeping product in chipped or uneven jars.

DON'T use a dirty dish cloth to wipe off the top of the jar. It may undo all your work.

NOTE TO HOUSEWIVES.

The object of these suggestions is to assist housewives so that there shall be no loss of food this year, but if you know a safe and acceptable method of canning and preserving which, in some respects, may differ from this—stick to it. A new method is not always a success on first trial.

This pamphlet makes no attempt at being a cook-book and hence has few recipes, but it aims at giving correct general instructions. There is an abundance of material on all sides furnishing recipes for various products. We refer you in particular to the following recent bulletins on canning, which may be had free on application to the Department of Agriculture of the various Provinces or colleges issuing them:—

Extension Bulletin No. 12, "Canning by the Cold Pack Method." Manitoba Agricultural College, Winnipeg, Man.

Bulletin 252, "Preservation of Food. Home Canning." Ontario Department of Agriculture, Toronto, Ont.

"Home Canning of Fruits and Vegetables". Macdonald College, Que.

CANADIAN CROPS FOR VICTORIES IN FRANCE

CANNING IN THE HOME

THREE are three ways of saving the abundant crop of vegetables and fruits grown in Canada this year. By "canning," which is the first food-saving method described in this pamphlet, by "drying" and by "storage." This booklet deals with all three beginning with *Home Canning*.

"Canning" is a process of preserving in cans or jars. The preserving may be done by subjecting the receptacle (can or jar) to heat long enough to kill all forms of minute organisms which cause decay, or it may be done by means of adding sugar or salt. With fruits the older method of adding sugar to "preserve" is still a good one, but canning, which is here outlined, is still better. Modern canning depends for success upon *heat* and *rubber rings*. The one kills all decay organisms, the other keeps them out.

When "sterilization" is advised it means you are to boil in *boiling water* or steam long enough to kill the bacteria, moulds, etc.

When "perfect sealing" is advised it means you are to use a *new* rubber band and a jar which can be depended upon to keep out all air.

If you can by the method which follows you will have fruit and vegetables which will keep for years. If you have never tried before, why not this year?

Sterilizing may be done in three different ways, each of which has its advantage.

1. Single Boiling.—This is the commonest method and if carried out carefully there will be but few failures. A common pot or wash boiler is used by making a false bottom of slats to keep the jars off the bottom and thus prevent breakage. The water in the boiler should come half-way up the jars, or with vegetables it may even cover the jars. A steam cooker such as is ordinarily used in the kitchen works well and is a little more convenient than the wash boiler. The time of boiling differs with different vegetables, but in any case the time of sterilizing is counted from the time the water starts to boil vigorously in the boiler.

See back cover of this bulletin for time table of sterilizing different products.

2. Intermittent or Fractional Sterilization.—This method is the same as No. 1 except that the sterilization of the food is divided into three periods upon three successive days. If followed out properly there would be absolutely no failures. Thus instead of boiling three hours at once the jars are boiled one hour each day for three days. However, it requires more handling of jars, more fuel and more work, which is the disadvantage.

3. Pressure Sterilization.—This is carried out in a steam cooker that can be closed and thus produce steam under pressure. This is the most effective and rapid method but special apparatus is required. The advantage of the steam pressure method is that it requires shorter time and is more thorough. Small pressure canners can be obtained at a cost ranging from \$15 up, in which from six to thirty pounds' pressure can be obtained, but as these cost more than the average housewife cares to expend, instructions in this pamphlet outline a canning method where the ordinary wash boiler may be employed with a slat rack upon which to place the cans.

Other utensils recommended consist of enamel kettle, wire basket, or cheesecloth, enamel colander, wire strainer, glass measuring cup, large spoons, fruit masher, pint and quart measure, clean towels and glass containers.

STEPS IN THE CANNING PROCESS.

1. Prepare the canning utensils and select jars and tops. Make sure that everything is clean and that the tops fit.
2. Wash fruit or vegetable in clean, cold water. Prepare the vegetables as you would if getting them ready to boil for dinner, and the fruit as for serving.
3. **Blanch.**—This is done by putting material for canning into a cheesecloth, or a wire basket, and dipping into boiling water for from one to twenty minutes. See schedule on page 14 of this bulletin for time.
4. **Cold dip.**—Immediately upon removal from boiling water the product should be plunged into cold water and left till it feels cold to the touch.
5. **Cold Pack.**—Pack the cold vegetables or fruit into the clean jars.
6. To the vegetables add salt—one teaspoon to one quart jar and fill the jar with water.
7. To the fruit add syrup according to instructions in schedule on page 14 of bulletin, or in the syrup table.
8. Put on a new rubber and the glass top, but do not seal tightly.
9. Sterilize by putting the jars into a boiler with false bottom. The water in the boiler should be at least half-way up the outside of the jars. For time see schedule on page 14 of bulletin.
10. Remove from boiler at end of the required time and seal the jars immediately by tightening the covers. The cover must be perfectly tight and must not be opened until needed for use.
11. Invert when cool to test for leaks. Label and date. Store in the dark in a cellar or cupboard.

The Syrup.

For sweet fruits	1 pint of sugar to 2 pints water.
“ acid fruits	1 “ “ 1 pint “
“ very acid fruits	2 “ “ 1 “ “

CANNING RECIPES IN DETAIL.

Beans.—String and remove ends of beans. Blanch five minutes, then dip in cold water. Cut in one- or two-inch pieces and pack closely in jars. Add one teaspoon of salt to each quart jar. Fill the jars with cold boiled water. Adjust rubbers and tops. Sterilize $2\frac{1}{2}$ hours. Young beans may be packed whole.

Beets.—Wash beets thoroughly, leaving on roots and one or two inches of stem to prevent loss of colour. Blanch twenty minutes in water that is kept boiling, or steam if possible. Cold dip and remove skins, roots and stems. Pack closely in jars. Add one teaspoon of salt to each quart jar. Fill jar with boiled water. Adjust rubbers and covers. Sterilize one and one-half hour.

Carrots.—Wash and scrub carrots. Blanch five minutes in boiling water. Cold dip, cut off roots and pack upright in jars as closely as possible. Add one teaspoon of salt to each quart jar. Fill jar with boiled water. Adjust rubbers and covers. Sterilize one and one-half hour.

Cauliflower.—Cut flowered portion into pieces small enough to be easily packed in jars. Place in water, slightly salted, for one hour. Blanch twenty minutes, then cold dip. Pack in jars. Add one teaspoon of salt to each quart jar. Fill jar with boiled water. Adjust rubbers and covers. Partly seal. Sterilize one and one-half hour.

Corn.—Blanch the corn on the cob five minutes. Cold dip for one minute. Cut off tops of the kernels and scrape off the rest of the pulp. Pack and press firmly into jars so that the corn juice may fill all spaces. Add one teaspoon of salt to each quart jar, and if the milk of the corn is not sufficient to fill the jars, add water. Adjust rubbers and covers and partly seal. Sterilize three hours.

Greens (Spinach, Beet Tops, etc.).—Choose young leaves and wash carefully. Blanch twenty minutes in a steamer, then cold dip. Pack tightly in jars. Add one teaspoon of salt to each quart jar. Fill jar with boiled water. Adjust rubbers and covers. Partly seal. Sterilize one and one-half hour.

Peas.—Wash and shell, blanch five minutes, then cold dip. Pack in jars. Add one teaspoon of salt to each quart jar. Then fill with boiled water. Adjust rubbers and tops. Partly seal. Sterilize three hours.

Tomatoes.—Choose firm, ripe tomatoes. Wash and scald for two minutes in boiling water. Place in cold water. Remove skins and core without cutting into seed cells. Pack whole in jars. Add one teaspoon of salt to each quart jar. Fill the spaces in the jar with tomato juice (made by stewing large or inferior tomatoes about ten minutes and pressing through fine sieve). Adjust rubbers and covers. Partly seal. Sterilize thirty minutes.

Peaches.—Blanch fruit two minutes. Cold dip. Remove skin, cut in halves and pack in jars. Fill with syrup as for sweet fruit. Sterilize fifteen to twenty minutes according to the ripeness of the fruit.

Raspberries.—Pick over and wash fruit. Pack in jars as closely as possible without crushing. Fill with syrup as for sweet fruit. Sterilize twelve minutes.

Pears.—Pare, cut in halves and remove the core. Pack in jars. Add syrup as for sweet fruit. Sterilize twenty minutes. Flavour may be varied by adding to each quart jar juice of half a lemon, or by sticking a whole clove in each half pear.

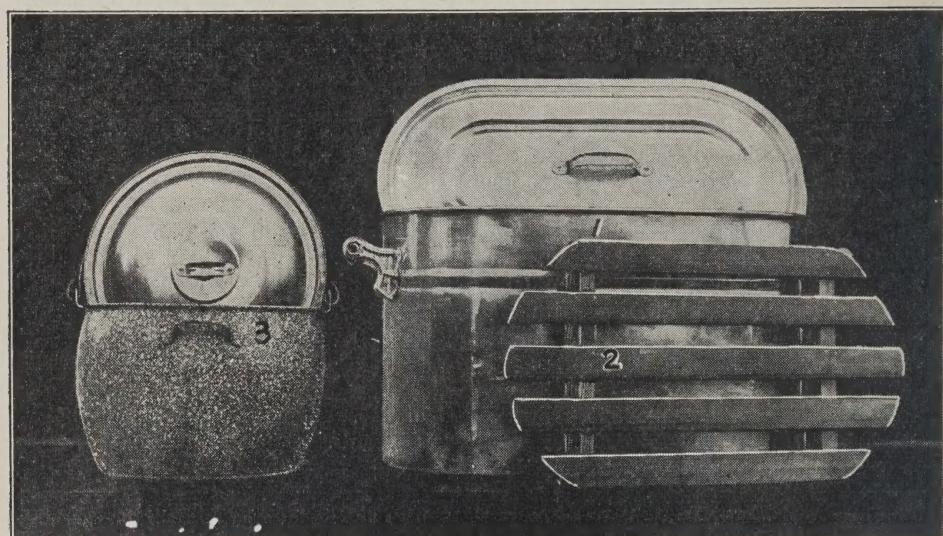
Apple Sauce.—Pare, core and cook soft in an open kettle any apples suitable for apple sauce. Sweeten to taste while cooking. If you wish to put away for future use place in sterile jars and seal as you would any other fruit prepared by the open kettle method. This will keep as long as any other canned fruit, but care must be taken to see that there is no decay on any of the fruit when ready for the kettle, and it must be thoroughly cooked. Apple sauce can be prepared in this way by any housewife as a matter of economy of time and fuel. When several jars of other fruit become emptied fill them with apple sauce. Apples that have not good keeping qualities may be thus used.

SOME FAVOURITE RECIPES.

Pear Ginger.—Peel, core and cut into slices pears not too ripe. To four pounds pears use four pounds sugar and a half cup of water. Add juice of two lemons and rind cut thin. Break one ounce of ginger root into small pieces; add, and simmer all until thick as marmalade.

Spiced Grapes.—Four quarts grapes, one-half pint vinegar, one and one-half pound sugar, one-half teaspoon each cloves and cinnamon. Remove the skins of the grapes. Boil the pulp five minutes and strain to remove the seeds. Then put the skins and pulp together, add the sugar, vinegar and spices and cook until thick as marmalade.

Citron Preserve.—Two pounds citron, two pounds sugar, two cups water, two lemons, and small piece of ginger root to flavour. Wash the citron, cut in half and remove the seeds, then cut into eighths. Put into a weak brine overnight, then drain and cover with clear, cold water four or five hours. Remove skin, drain and cook until clear in the syrup to which the lemon and ginger root have been added. Fill jars and seal as you would any fruit cooked by the open kettle method.



(1) Tin wash boiler. (2) False bottom for boiler. (3) Scalding pot.

Apple Butter.—One bushel apples, eight quarts sweet cider. Cover and boil until tender. Rub the pulp through a strainer and cook thirty minutes longer, then measure. For each gallon add eight cupfuls sugar, eight teaspoons ground cloves, eight teaspoons ground cinnamon. Stir and boil twenty minutes longer. Fill into jars and seal with paraffin.

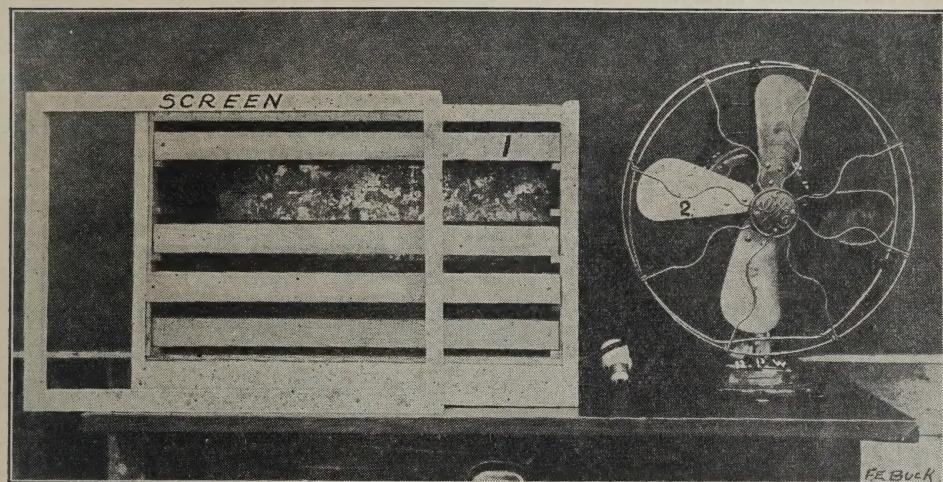
Beans in Salt.—Snip and blanch the beans. Pack in crock in layers beginning with a layer of salt, then a layer of beans until the crock is filled. Finish with a layer of salt. Put a plate on top and weight, and they will make their own brine.

Sauer Kraut.—If you have a surplus of cabbage which you are unable to keep fresh, make into sauer kraut. Cut the cabbage into shreds, do not chop. Put a layer of cabbage about three inches deep into tank or vessel having straight sides. Crockery ware, or cypress or white pine casks are good for the purpose. Sprinkle over the first layer of shredded cabbage the best dairy salt. The proper proportion is two and one-half pounds salt for each 100 pounds of cabbage. Repeat this until the cask is full and heaped up. Have a cover fitted to inside of cask. Put this over the cabbage and weight it down with rocks. In ordinary temperature the kraut will cure in from sixteen to eighteen days.

DRYING FRUITS AND VEGETABLES

Drying of most of the ordinary fruits and vegetables has been greatly stimulated by war conditions.

The advantages of drying fruits and vegetables over canning them are in economy of space, lessened cost for jars, etc., lessened risks from frost or heat injury, and the ease of shipment. Drying should be resorted to when canning is impracticable or to make the best use of all garden produce, as smaller quantities of fruits or vegetables can be dried than can be profitably canned.



1. A new type of drier which can be used in four ways.—(a) On the stove. (b) On the oven door flush with the open oven. (c) With an electric fan. (d) On the oven door and with an electric fan, combining "artificial heat" and "air blast" methods.

This drier is constructed in a similar way to the hanging drier. Galvanized sheet iron is used to completely enclose it. Doors each side made of the same material which are made to lift out, enable it to be used as an "air blast" drier.

2. Electric fan used with the above drier.

Preparation of the Material.

As in canning so in drying, all material should be carefully prepared. Cleanliness is essential. Fresh fruit and vegetables should be used, and these should be young and tender. Vegetables should be cut into slices or strips. Slices should be about a quarter of an inch thick. Too thin slices are difficult to handle and lose flavour. Too thick slices do not dry so quickly.

For slicing, a sharp kitchen knife or a special slicer may be used, or in some cases, the meat cutter answers very well. Most root vegetables should be peeled before slicing. Blanching is also desirable in some cases to remove strong flavours and to loosen the fibre, which promotes quicker drying. The blanching consists of plunging the vegetables into boiling water for a few minutes. After they have been blanched most vegetables should be dipped for a few seconds into clear, cold water. The reason for this is stated in the article on canning.

Methods of Drying.

Fruits and vegetables may be dried in several different ways. There is first of all the old-fashioned method of "sun drying." It is inexpensive, simple and satisfactory where there is enough sun. The produce is spread out in thin layers on trays, sheets of paper or muslin. Muslin or wire screening should be used as a covering to keep off the insects.

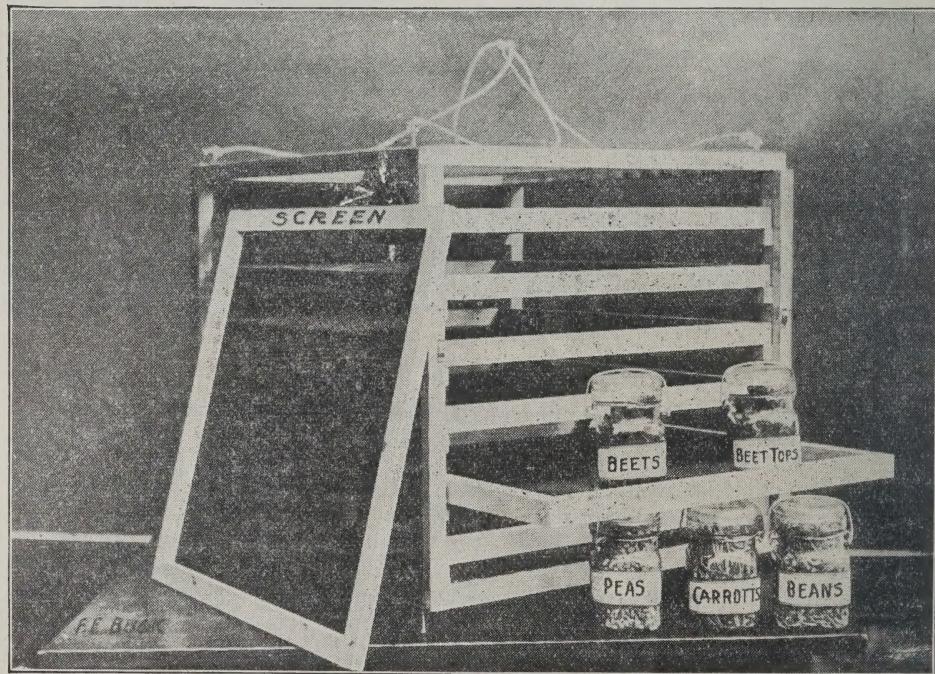
The most modern and the quickest method is that of using an electric fan either with or without artificial heat. Vegetables dried by this method are not so liable to discolour. The cost of running an electric fan is very inexpensive, generally less than a cent per hour, and where one is available this method gives satisfaction.

The third method, known as the "artificial heat" method, consists of utilizing the heat of the stove or of the oven. For most town and farm homes this method is the most practicable. Note the following points:—

1. A gentle heat at the start is desirable. High temperature at the start generally results in the formation of a hard surface over a juicy interior.
2. After a short time increase the temperature to 130° F., and it may run up to 150° without any injury.
3. Products should not be dried hard or they will not resume their original shapes.
4. Products should be dry and leathery when finished and will not mould if protected from a moist atmosphere.
5. All fruits and vegetables should be spread out on the trays in thin layers and occasionally moved or the trays should be changed.

Driers.

Driers of various designs may be used. For home drying those of simple construction are quite successful and can be made in the home. A typical drier consists



A simple form of drier for utilizing the heat from the stove. It may be placed on the stove or suspended above it on a swivel arm and swung out of the way when the stove is needed for other purposes. Its construction is very simple.

Requirements—

About 24 feet of inch square strips for the framework.

" 36 " " " " trays.

Window screen netting 20-inch width to enclose the framework and to form the trays, or a double thickness of cheesecloth may be used for the trays.

Four hooks and cord to suspend.

Four screw nails to raise it two or three inches from the stove.

of a number of trays, each tray consisting of a sheet of small-meshed galvanized screen or wire netting, tacked to a framework of wooden strips about an inch or less in thickness. Six to twelve trays are used in each drier. The trays are placed above each other so that the heated air can pass through them or over them. The drier may be placed over the cook stove or immediately on it; in the latter case it is necessary to encase it in a galvanized sheet-iron covering.

The principle involved in a good drier is that which induces the heated air to enter at the bottom, pass over the product as well as through it and out at the ventilation holes at the top. In doing this it gathers the moisture and dries the product uniformly in most of the trays. Trays at the top should be changed occasionally with those below.

After Treatment of the Product.

After the fruit or vegetables have been dried it will be necessary to "condition" them. This consists of putting the material into boxes and pouring from one box into another so as to mix it thoroughly and give the whole mass an even degree of moisture. If too moist re-dry for a short time, then store away in glass jars, tin cans, etc., in a cool, dry, well ventilated room.

Fruits which may be Dried Successfully.

Apples, pears, peaches, plums, raspberries, currants and blueberries.

Vegetables which may be Dried Successfully.

Sweet corn, beans, peas, beets, turnips, parsnips, cabbage, spinach, beet tops, celery, rhubarb, squash, cauliflower, etc.

RECIPES IN DETAIL.

Beans.—Wash, remove stem, tip and strings, cut or break in pieces one-half to one inch long. Place on trays and dry. Beans can also be sliced lengthwise and then dried quickly. "Condition" for a few days, then pack away in bottles, boxes or pasteboard boxes.

Beets, Swiss Chard, etc.—Choose young plants, wash carefully. Cut in sections about one-quarter inch long, both leaf stalk and blade. Spread on trays and dry. "Condition" and pack away as described for beans.

Corn.—Boil or steam on the cob ten minutes. Drain well and cut corn from cob, using a very sharp and flexible knife. Dry from three to four hours at 110° to 145° F. Corn may be dried in the sun. Dry in the oven ten to fifteen minutes and finish drying in the sun. "Condition" for a few days. Corn may be packed in boxes, bottles, cartons or in cheesecloth bags hung in a dry place. If hung in bags it is advisable to give the bag an occasional shake to loosen up the corn and permit free circulation.

WINTER STORAGE OF VEGETABLES AND FRUITS

Crops grown during the summer should have as much thought bestowed upon their winter care as upon their summer culture and the proper winter storage of the very large extra quantities of vegetables produced by owners of small gardens or vacant lots is a matter of the greatest importance. About 75 per cent of garden produce can be successfully stored. Will you not store all you can? Should you have to spend a little money in providing a storage room for vegetables the investment will be a good one. It is a business proposition. Properly stored vegetables have all the qualities of those freshly gathered from the garden and from a health standpoint they are invaluable. If you have them for winter use you may save doctors' bills.

The Storage Room.

If you have grown the crops, without doubt you have some sort of a cellar. If you have a cellar you should have a storage room in it. You can make one as follows:—

1. Select a suitable portion of the cellar.
2. Board it off from the rest of the cellar.
3. Cover the boards with felt paper. Do so on both sides of the partition and do a thorough job. Your object is to exclude the artificial heat from the furnace.
4. Provide a false floor for part of this room.
5. Nail a few slats on one of the walls.
6. Build a few bins on one side of the room.
7. Provide a few hooks in the ceiling.
8. Order a load of builders' sand and store it in one of the bins.
9. Provide a few slat boxes and old bags.

The reasons for this advice are given in what follows:—

CAUTIONS ABOUT STORING.

Don't let the frost injure the crops before you take them into the cellar.
Don't bring them in while they are in a moist condition.

Don't cover roots with damp sand if the cellar is hot. They will start to grow if you do. Eat them quickly, can, dry or give away in preference.

Don't let cold winds dry out your potatoes. If you do a bitter taste is the result.

Don't try to store onions, squash or pumpkins in a cool cellar. They will keep better in the attic.

Don't forget to watch your storage room and sort out any decayed specimens before the trouble spreads.

Don't forget that a cheap thermometer is a good friend in a storage room.

If it is impossible to provide a special storage place, as suggested, select that part of the cellar farthest removed from the furnace and where the greatest amount of air circulation takes place.

Factors in Successful Cellar Storage.

Temperature.—The ideal temperature is one ranging from 35° to 40° F. The temperature which drops a few degrees lower will seldom injure the stored crops provided they are stored where rapid changes in temperature are not possible. If the temperature is 32° at night and 40° in the day, for example, more injury will result than if it drops to 32° and remains so for a few days and then gradually rises through several more days to the right temperature.

Humidity.—Humidity is the second important factor in successful storage. The less moisture there is in the air the quicker stored products will dry out. This results in a serious deterioration and shrinkage. The air should be slightly moist. Without a special partition it is difficult to keep the air of the ordinary city cellar, containing a furnace, moist enough. Moulds are due to excessive dampness. Better ventilation will reduce the dampness. Rapid changes of temperature also produce damp conditions.

Sand, Soil, etc., for Covering.—Many of the roots, like carrots and beets, will keep better in cellar storage if covered with sand or dry soil. Builders' sand is ideal. In some cases it is better to have it slightly moist (not wet). If the cellar is very dry, and not too hot, and the roots are stored on a cement floor it may be found necessary to moisten it occasionally. On earth floors which give off some moisture this would be less necessary. If the earth floor is very damp a slatted floor about two inches from the earth should be provided.

Ventilation.—Good ventilation, as suggested, is extremely important, and every means should be adopted to promote the circulation of the cellar air in and around or amongst the stored crops. The large losses which occur every year from insufficient ventilation, especially of the potato crop, are very serious. Even in moderate quantities the saving in the produce would more than offset the cost of installing a very simple ventilation system. This may be provided by means of upright square troughs placed in the heaps, or by nailing slats to the walls so that the air can circulate around the heaps. When root crops are stored in boxes they should be of the crate type, with space between the slats to allow a circulation of air.

Pitting Outside.

Pitting the roots in specially constructed, but very simply made pits in the field or garden is also successful, and where large quantities of potatoes have been grown this year it may be used as a useful method of storage for the small householder. It is a method which can be used for surplus produce.

The method is as follows: Select a well-drained spot in the garden and in sandy or gravelly soil. Mark off an area five feet wide and any desired length. Dig out the soil from this to a depth of about 8 inches, placing it well back from the edge of the space. In this shallow trench place a layer of straw and on this pack the roots so that they will come to a neat pile about 4 feet high. Different kinds of vegetables may be placed in the same pit, if necessary, but should be separated by a thin partition of straw. Cover the pile with several inches of coarse straw and then on the top invert a "V"-shaped trough, which should protrude from each end of the pit to provide ventilation, then cover the whole heap with about three inches of loose earth. Later on in the fall, about the end of November, either add another covering of straw and another covering of earth, or increase the covering of earth to about 8 inches, or even 10 inches. It may be advisable, in exposed places, to give a third covering of straw and earth. Alternate layers of straw and earth provide better insulation than the solid earth covering.

Full particulars may be found in Exhibition Circular No. 57, issued by the Experimental Farm, Ottawa, obtainable free upon application.

VEGETABLES (IN DETAIL)

Potatoes.

1. *Condition*.—If dug on a fine day and left on the ground for a short time they will be in ideal condition. Brought into the cellar in a wet condition the keeping quality will be impaired, and often serious loss from rotting results from the same cause.
2. *Darkness*.—Store in a dark part of the room. Light adversely affects quality.
3. *Temperature*.—The ideal temperature is from 33° to 35° F.
4. *Ventilation*.—Place the potatoes on the false floor and against the wall on which you tacked the slats. Large piles of potatoes should have upright ventilators every few feet. Make these by nailing three six-inch boards together to form a "V"-shaped trough.
5. Sort over occasionally for decayed tubers. In the spring break off all sprouts except from those reserved for seed.

Cabbage.

Part or complete outside storage for cabbage is the more successful way. They should not be brought into a warm cellar in the early autumn.

Method.—Place in piles in the garden and cover with dry leaves. Early in the winter take in and pile in the bins or on shelves. Sometimes they will keep well if tied in bunches of three and suspended from the ceiling. Another method is to stack and cover with a larger quantity of leaves. Keep in this way until needed. The pitting method is also successful.

Celery.

Celery may be kept outside in trenches or inside in boxes with the roots covered with soil. When kept inside it is important to keep the roots moist and the leaves dry. If the foliage is wetted it succumbs to disease. Take up before it is injured by frost. Leave the roots on and place upright in shallow boxes containing several inches of moist sand. Keep in an airy, but dark, part of the room.

In outside storage trenches are made about the depth of the celery and a foot to sixteen inches wide. The trenches should be made on a side hill or a well-drained spot. Stand the plants upright in the trench and leave until the leaves are touched by an early frost. This reduces their moisture content. Then cover with leaves. Leave one end of the trench open in order to get at the celery as it is required for use. When brought into the house place in cold water to bring out the frost. It will then freshen up.

Beets, Turnips, Carrots, Parsnips, and Salsify.

These roots may be stored similar to potatoes. They may be kept, however, in better condition by covering with sand. Conditions of the place of storage and of the roots themselves should determine whether to use the sand dry or slightly moist. If they start to shrink, moisten the sand. When boxes are used a little damp sand should be placed in the bottom of the boxes, then alternate layers of vegetables and sand. When piled on the floor a covering with sand is generally sufficient. In drying beets the tops should be twisted off and not cut off with a knife, as this will cause "bleeding," loss of colour and very often decay.

Onions.

Store in the attic. They should be dry and thoroughly well cured outside before they are placed in storage. Dampness causes decay. They will keep well in slat boxes or shallow trays.

Squash, Pumpkin.

These are more difficult to store. They require a slightly warmer temperature. Placed in barrels or boxes and packed in straw or excelsior and in a part of the cellar near to the furnace they may keep for some time. They should be carefully handled so as to avoid bruising. Sort over frequently for spoiled ones. Others may be placed in the attic as a temperature of about 50° is better for them.

Tomatoes.

One of the best and most recent methods of ripening green tomatoes in the late autumn is to wrap each fruit in paper and place in a closed box or drawer located in a warm room. Another method is to pull the vine before any signs of injury from frost and suspend from the ceiling of a warm room or the cellar. In some cases, if conditions are suitable, the fruit will go on ripening until Christmas. A dark place is preferable and a temperature of 50° to 65° suitable.

FRUIT.

It is safer and as economical in most cases to can or dry fruit. When kept under storage conditions the same general principles apply to it as to vegetables.

Apples.—One of the essential points in successful apple storing is to see that the fruit reaches the cold storage, or storage cellar, in the most favourable conditions. If this is done the apples will keep for a very much longer period than if placed in storage after they have been left to heat up in piles in the orchard, or have been otherwise injured by improper handling. Only apples of good keeping quality should be selected for winter storage. The fruit should be mature. Apples picked green cannot be recommended for storage purposes. The apples should be cooled immediately they are picked. This helps to prevent skin diseases which are otherwise likely to develop in storage. If the fruit is left to heat up in piles or in barrels in the sun after picking, the diseases are encouraged to start, which afterwards play great havoc amongst the stored apples. The ideal temperature for apples is one between 31° and 33° F. Apples wrapped in paper and placed in boxes, each holding about a bushel, which may be packed one above the other in the storage room can be easily handled and will keep in ideal condition. Barrel storage is also satisfactory.

FRUIT AND VEGETABLE CANNING CHART.

Products to be Canned.	Preparation.	Water, Syrup or Brine.	Sterilizing in Ordinary Boiler or Steam Cooker.	Sterilizing with 5 lbs. Steam Pressure.
SOFT FRUITS: — Strawberries, Raspberries, Blueberries, Peaches, Apricots, Sweet Cherries.	Grade, rinse, stem, pack whole, except peaches and apricots which are cut in half. Peaches should be blanched and peeled.	3 cups sugar to 2 cups water, and boil for 4 minutes.	Strawberries, 8 minutes; peaches, 15 to 20 minutes; others, 12 minutes.	
HARD FRUITS: — Apples, Pears, Crabapples.....	Grade, core, pack whole or sliced. See syrup table.....	20 minutes	8 minutes.	
SOUR FRUITS: — Currants, Plums, Gooseberries, Cranberries, Sour Cherries.	Stem, rinse, pit, blanch 1 min., See syrup table Pack whole.	12 minutes	10 minutes.	
GREENS: — Asparagus, Spinach, Cauliflower, Brussels Sprouts, Beet Tops, Swiss Chard, Kale, Dandelion.	Blanch in steam 20 minutes, cold dip, season to taste, pack tightly.	Salt 1 teaspoon to 1 pint. Fill jar with hot water.	Fill 1½ hours	1 hour.
TOMATOES	Blanch long enough to loosen skin, cold dip, core and skin, pack whole.	Salt 1 teaspoon to quart jar. Fill jar with strained tomato juice.	30 minutes	25 minutes.
PEAS	Shell, grade two sizes, blanch 5 minutes, pack, shake down.	Salt ½ teaspoon to pint jar. Fill jar with hot water.	3 hours	1½ hours.
	Snip off tips, rinse, cut in pieces, if large, blanch 5 minutes, cold dip, pack closely.	Salt 1 teaspoon to quart jar. Fill jar with hot water.	2¾ hours	1½ hours.
BEETS	Clean well, blanch, preferably in steam, till skin is loose. Cold dip, remove skin ; pack whole or sliced.	Salt 1 teaspoon to quart jar. Fill with water or with vinegar and water, 1 part vinegar to 4 parts water.	1½ hours	1 hour.
CARROTS	Clean well, blanch 5 minutes, cold dip, remove skin, pack.	Salt 1 teaspoon to quart jar	1½ hours	1 hour.

TO WIN THE WAR.

Every housewife in Canada is asked to enroll herself and her household for Food Service in this world crisis. Pledge cards are being distributed by organized canvass throughout the Dominion. These pledges read:—

“Realizing the gravity of the food situation and knowing that Great Britain and our Allies look to Canada to help shatter Germany's threat of starvation, I pledge myself and my household to carry out conscientiously the advice and direction of the Food Controller that requisite foodstuffs may be released for export to the Canadian Divisions, the British forces and people and the Allied Armies and Nations.”

This card showing that each household is so pledged should be placed in the window of every house in Canada.



**TO WIN THE WAR
THIS HOUSEHOLD
IS PLEDGED
TO CARRY OUT CONSCIENTIOUSLY
THE ADVICE AND DIRECTIONS
OF THE
FOOD CONTROLLER**



HELP THE FIGHTERS TO WIN.

Save Wheat.—Great Britain and our Allies must have 460,000,000 bushels from Canada and the United States. Normal consumption must be reduced by at least 25 per cent to meet war needs.

Save Beef and Bacon.—Normal consumption must be reduced by at least 25 per cent to meet war needs.

The demand for these commodities is imperative. The men in the trenches will go hungry if you fail them. Will you let them fight for you and not fight for them?

You can Use Substitutes.—Such as other meats, fish, eggs, milk, oatmeal, barley, etc., with benefit to health.

You Betray your Country's Cause when you Waste Food.—Over \$50,000,000 worth of foodstuffs goes into the garbage wagons of Canada every year. Such waste in war time is a crime. Your loyalty is measurable by your saving.

Eat Perishable Products.—Preserve, dry, can and store the garden truck which has been produced so abundantly this year. By doing so you prevent waste and release storable foods for export.

VICTORY IS DEPENDENT UPON THE EXTENT OF YOUR FOOD SERVICE.

W. J. HANNA,
Food Controller.

SIGN THE FOOD SERVICE PLEDGE